

# DAILY MAGAZINE PAGES FOR EVERYBODY

## Secrets of Health and Happiness

### How Nature Punishes You If You Break Her Laws

By DR. LEONARD KEENE HIRSHBERG

A. B. M. A., M. D. (Johns Hopkins).



DR. HIRSHBERG

A WHIP for the horse, a bridle for the ass, and a rod for the back of fools, sang Solomon. It is heavy and dull, perhaps, to agree with an ancient, but it is equally clever and bright to say that he who spareth the rod hateth his son.

For each particular physical and health crime a strict account will be quickly exacted by nature—indeed, much more so than from any infringement of the codes of man. Every man will inevitably suffer in himself the measure of his own felonies, be they what they might.

Health, like right, lives by nature's law, which is held by power. Disarm the shepherd, and wolves the flock devour.

Once you plan to build, then you map your plot. The model next is drawn, and soon the miniature house. The cost of construction then you estimate.

And you, then, that the whole outweighs your ability, you begin again to plan to rearsure by fewer chambers. Perchance prudence comes with you and you desist and do not build at all.

Who in proper season makes hygienic hay while the Apollo of deeds, though often late a certain reward succeeds.

"On, friend and foe, breathe soft and calm, As ship with ship in battle meets, And while the sea gods watch the fleets, Let him who merits bear the palm."

Copy 1, 1914, Newspaper Feature Service, Inc.

### Answers to Health Questions

Ida Mae—What will decrease growth of hair on the arms?

This may be decreased by the use of a shaving powder, which is made in Savannah, Ga. Rub this on for one minute, only once a week.

M. L. B.—What is a remedy for oily skin?

Very often indigestion and constipation cause greasy skin. The skin should be scrubbed vigorously at least once a day with warm water, and a rough wash rag. In addition to this it is often well to sponge off with alcohol.

Anxious—Is it possible for the bowels to move from laxatives, if the bile is withheld in the gall bladder?

What does misery in the region of liver indicate? Is it always a sign of gall stones? & What is good for the liver?

The bile can be caused to flow very often with the liberal use of laxatives, water, and olive oil. It is a possible sign of many liver disorders, intestinal troubles, kidney, pelvic, and even muscular ailments. A Active exercise out of doors. A plain diet. No drinks, seasoning, or hot water.

## THE MODERN GULLIVER

By Michelson

## Advice to Girls

By ANNIE LAURIE.

Dear Annie Laurie: I have a great problem which I wish you would solve for me. I have been keeping company with a young man about twenty-five years of age. I myself am only fifteen. I love him dearly, and he has asked me to marry him.

I have been keeping house for my father and two brothers, and don't know what to do. I love them, of course, and yet I love my young man.

ANXIOUS.

WHY you foolish little girl, you—what in the world is your father thinking about to let you even dream of marrying when you're only fifteen years old?

Why, you are nothing but a dear little girl yet; you ought to have your dresses up to your shoe tops and your hair down in a braid—and, whisper, don't you like to play with dolls once in a while even yet?

What sort of a man can this be who wants to trap you into marriage at your age? And besides, will the law allow you to marry under sixteen? It won't in my part of the country.

What do you want to do, tie a weight to your ankle, draw wrinkles in your face, throw away at least six years of a perfectly good girlhood?

Some one ought to take that father of yours and give him a good talking for allowing any one to put such an idea into your head.

Stay young as long as you can, little girl; you'll have care enough and trouble enough soon enough, don't you worry about that. Tell your twenty-five-year-old sweetheart to go and hunt for some one nearer his own age, or to wait like a man till you grow to be a woman.

Annie Laurie

Copy 1, 1914, Newspaper Feature Service, Inc. Miss Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper and will reply to them in these columns. They should be addressed to her, care this office.



## The "Mystery" in Wanting to Be Useful

By Winifred Black

Copyright, 1914, by Newspaper Feature Service, Inc.

MISS HELEN CUDAHY, the youngest daughter of Patrick Cudahy, the millionaire meat packer, is going to register in the Massachusetts General Hospital as a student in the school for trained nurses.

"Her family," says the press dispatch which gives the news, "declines to give Miss Cudahy's reason for this action."

Dear me, how mysterious! There must be a man in an iron mask or a woman in a velvet domino somewhere in the story. It wouldn't be possible for an energetic, ambitious, big-brained, big-hearted, generous-souled girl to want to go somewhere and be of some use in the world—would it?

Not when her father pays an income tax of thousands of dollars a year. Why, the idea—why should she want to amount to anything?

Why should she care whether people die in pain or are born in agony or not? What is it to her that friendly women need comforting and that little, helpless babies need care? What earthly reason can she have for wanting to make things a little easier for a dying man or to help some poor wreck of a woman say good-bye to a life of misery with some show of decent fortitude?

### A Noble Profession.

A trained nurse, a good trained nurse, is the noblest and the most useful creature that walks the earth.

If ever there is any use for a halo in this world of ours—I've seen one hovering around the forehead of a nice, cozy, comfy, little trained nurse who would go without sleep for nights at a time, and without rest for days, just to see that some cantankerous patient "pulled through" in spite of the family.

And she'd think you were joking if you even hinted that she was anything like a saint.

Patience, courage, resourcefulness, self-reliance, tact, a quick wit, a sense of humor, a gentle hand, a light heart, a generous soul—all these are the things that go to make up the character of the trained nurse.

What should the daughter of a rich man want with such a list of the beatitudes?

Nurse a little mother back to health, back to the care of her little children; save the flower of the family to be a useful man and take his place in the world with a sound constitution and good, clean blood; put the head of the house on his feet and make him able to go on with the work he ought to be doing—why, what's such trifling as that to the things that Miss Helen Cudahy could do, if she only had sense enough to want to.

She could be the best tango dancer in her set without a doubt. They say she's a regular witch at bridge if she'd only put her mind on it; and as to tennis, and golf—just think of it.

There's a motor boat, too—why doesn't she learn to run one of them if she really wants to be useful in the world, and go chuff, chuffing up and down in season and out of season, just to show that she can?

And automobiles—what's the matter with Miss Cudahy's driving her machine and making a few killings now and then—just to show she's game. Think of giving up boys like this just to be somebody real—somebody good—somebody kind—somebody reliable—somebody worth while in the world. Why, the girl must be crazy, or else all the rest of us are.

I wonder which it is. Her act is so mysterious! Prudence McKinley—oh, yes, I'm going to call your name right out in print—for once—just to see how you like it.

You who wouldn't lie down for three nights because you wanted to change the bandages on a little child's eyes yourself—for fear any one else who came in might nap and forget—just one.

When you meet that little child now, growing into graceful and graceful womanhood and she looks at you with two clear, beautiful eyes—how much money would you take for the song that stirs your heartstrings when you think that if it was not for you that girl would probably be groping in the bitter dark of total blindness today?

Is that what you are looking for, Miss Helen Cudahy, you with your money and your beautiful home—the chance to be a woman of glorious use in the world?

If it is—here's my heart in my hand. Take it, it is yours—to keep.



Winifred Black

## You and Your Refrigerator A Word to the Woman Before Summer Is Here

By MRS. CHRISTINE FREDERICK.

REFRIGERATION is one of the twentieth century boons to the housewife. And yet all of us do not get the maximum benefit out of the refrigerator or ice box we have.

First, let us understand the principles a bit better. The ice chamber should be so situated that the cold air settles on the food which needs the lowest temperature. The better ice boxes are all made with a separate compartment for milk and butter at the bottom, as they need the lowest temperature. Then the other foods, should be placed with this idea in mind, that cold air falls, and the bottom compartments are colder than the upper.

The refrigerator must be sanitary to nth degree, preferably with porcelain or baked enamel compartments which lift out in one piece or which can be wiped easily. All these things have been said before, but we forget them, which is my excuse for saying them again.

Never put warm foods into the box. Never place highly flavored foods like onions and bananas into the box. Always cover everything coverable. There are specially made glass covers with depressions which fit varying sizes which are excellent for covering all bottles and bowls.

If you can, use only white enamel dishes and plates to lay away food in. There will be less danger of heating good dishes, and you will never have to wash a dish especially, when you need to use it in a hurry, and find that it has been standing full in the box. Use paraffine paper and cheesecloth, or paper toweling to cover other things, and to lay away perishable lettuce, etc., etc. Paper dishes are also very good, and will hold many things.

Now, as to cleaning. Every week give it its tepid bath—not hot—as this lowers the temperature of the box unduly and does not clean any better than tepid water. If baking soda, borax, etc., are used, lift out and wash all trays and do not replace food until box is again thoroughly chilled. The waste pipe only may be treated to a scalding shower into which washing soda has been dissolved.

Use enough ice to keep the box always cold. Do not lay heavy ice, as this is the worst thing you can do. Do not place foods directly on ice. Do not open ice chamber unless absolutely necessary. Place bottles of cooled water into lower chamber—not ice chamber—to avoid opening frequently. There are several makes of refrigerators which have a coil under the ice, so that a constant supply of water always is on tap.

Place refrigerator as far away from stove as possible, preferably in a small built-in part of the kitchen or pantry, where it can be freed from outside.

A once-a-day, five-minute inspection should show the "left-overs" and assure that the box is sanitary, with no old food, spilled or objectionable materials. Take care of your refrigerator, and your refrigerator will take care of you—and your whole family.

Copyright, 1914, by Mrs. Christine Frederick.

Use of cooled water into lower chamber—not ice chamber—to avoid opening frequently. There are several makes of refrigerators which have a coil under the ice, so that a constant supply of water always is on tap.

Place refrigerator as far away from stove as possible, preferably in a small built-in part of the kitchen or pantry, where it can be freed from outside.

A once-a-day, five-minute inspection should show the "left-overs" and assure that the box is sanitary, with no old food, spilled or objectionable materials. Take care of your refrigerator, and your refrigerator will take care of you—and your whole family.

Copyright, 1914, by Mrs. Christine Frederick.

### Chips — By W. Bob Holland

Miss Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. They should be addressed to her, care this office.

It is a wise chauffeur who knows his own automobile. Competition may be the life of trade, but it sometimes means starvation to traders.

Copy 1, 1914, Newspaper Feature Service, Inc.

## BAKER'S COCOA IS PURE AND GOOD



Known the world over as The Cocoa of High Quality

Its delicious flavor and perfect digestibility make it a food drink of exceptionally great value.

To avoid inferior imitations, consumers should be sure to get the genuine with our trade-mark on the package

WALTER BAKER & CO. Ltd. Established 1780 DORCHESTER, MASS.

Musie In The Palm Garden  
3:30 to 5:30 P.M. to 12  
Coolest Place In Town  
Lady Fairfax Candy Shop  
131 F. Street

It Costs 1-4c Per Hour To KEEP COOL With A Westinghouse Electric Fan  
We Have A Full Assortment MODERATE PRICES  
Carroll Electric Co.  
514 12th St. N.W. Phone M. 7220



## FULL HEAT IN A MINUTE

That's an advantage when you have to heat something quickly in the night.

## New Perfection Oil Cook-stove

heats instantly without smoke or smell. It has all the convenience of gas and costs less for fuel than any other stove. It is the best oil-burning device yet produced for cooking purposes.

The New Perfection No. 5 has the new Fireless Cooking Oven, which roasts and bakes perfectly—slow, fast or fireless cooking, to suit every need.

New Perfection Stoves are also made in 1, 2, 3, and 4-burner sizes. No. 5 stove includes broiler and toaster. These utensils can be obtained separately for the smaller sizes. Sad-iron heater and cook-book free with every stove.

At dealers everywhere, or write direct for catalogue.

STANDARD OIL COMPANY  
Washington, D. C. (New Jersey) • Charlotte, N. C.  
Norfolk, Va. • Baltimore • Charleston, W. Va.  
Richmond, Va. • Charleston, S. C.

## TIMES BOTTLE STORY



### TOBY HICKS LOOKS IN THE BAG

By F. YODER.

THIS is just the way Mrs. Hicks caught Toby.

And she stepped up behind him and—but that comes at the end of the story.

Fannie Hicks was a little puppy girl, and Toby Hicks was a little puppy boy, and they lived in a tiny, tiny brown house right across the street from Grandmother Tabby. Mr. Hicks went out on the railroad tracks one dark night and never was heard of again. So the Widow Hicks had both little puppy children to care for.

Fannie was just as good as she could be, and everybody in Tabbyland, where all of the other animals lived like folks, loved her.

But Toby Hicks was the most curious, nosy, funny boy dog in all of Tabbyland. Where he wasn't white he was sorrel, which you must know is a kind of reddish brown. He was very loving and liked to sleep and eat a great deal, but did not really care for any one as much as he did for himself.

"Now Toby," said Mrs. Hicks one day when she came back from market, "I forbid you to poke in any of the packages in the kitchen. It will do you no good, and some day you will get in trouble from nosing about."

Toby said, "Yessum" in a very sleepy tone, and would not even repeat "Yes, mother," when Mrs. Hicks corrected him.

He had been out all morning, playing with Tom Tabby, and was so sleepy that he could hardly keep awake.

"I wonder where Fannie is," said Mrs. Hicks.

"I never can keep that child home, she is always running over to the neighbors."

She grabbed up her shawl and threw it over her head.

"Toby," she said very severely, "Don't stir until I come back. Now mind you, you lazy good for nothing pup, if you nose in the bags there will be trouble." And as she went out of the door she smiled to herself in the funniest way and added, "And I won't get him in it, either. She smiled all

### Indian Actress Makes Prize Offer to Kiddies

Mona Darkfeather has so many children correspondents that she is offering an Indian toy prize, together with a signed picture of herself, to children all over the country, for the best pen and ink, pencil or painted picture representing her as an Indian maiden, and it does not have to be a special likeness, either. The pictures should be sent to Mona Darkfeather, 146 Bellevue avenue, Los Angeles, Cal., together with a letter giving the age of the writer.